FARMERS' MARKET

1981 1982

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AGRICULTURE

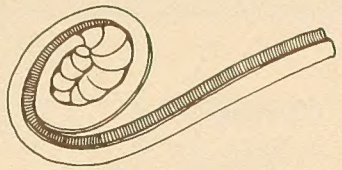
FARMERS' MARKET

AFRICAN VIOLETS

- Healthy plants are produced when light is provided in the correct quantity and duration. If a plant doesn't flower, it is generally a sign of insufficient light.
- During winter, African violets do best in a south or west window. During summer, the plants should not receive direct sunlight. They are better placed in a north or east window.
- African violets prefer soil that is well drained and well aerated, and contains a high percentage of organic matter. A mix of 2 parts loam, 2 parts peat moss and 1 part sand produces good results.
- Allow the soil surface to become dry to the touch before watering with lukewarm water.
- Feed African violets with a complete water soluble fertilizer such as 20-20-20 at 5 - 6 week intervals from March to October.
- Maintain a temperature of 18° to 25° C. Plants will not bloom if temperatures drop below 15° C.
- Keep the humidity around 60% by misting the plants or placing them on a pebble tray.

Fact sheets on house-plant care are available from Alberta Agriculture District Offices.

1981 MAY 1981

		OPENING THIS MONTH: Grand Centre	 Look for fiddleheads at the Fort McMurray Market this month.		OPENING: **1** Edson — weekly door prizes Hanna	OPEN: **2** Smoky Lake Stony Plain Spruce Grove Athabasca — Arena Vilna Onoway Valleyview
3	**4** Buy your bedding plants this month at a Farmers' Market.	OPENING: **5** Vauxhall — door prizes Vermilion — weekly market to begin	OPENING: **6** Drayton Valley — Special products: Ukrainian food, wood work Sherwood Park Bon Accord — Nutrition displays this season	OPENING: **7** Crossfield — corsages to the first 100 mothers Lloydminster — until May 28 Morinville — until June 4 Castor	OPENING: **8** Wetaskiwin Lacombe Manning Lac La Biche Tofield Hanna Wildwood	OPENING: **9** Hardisty Fort McMurray Bonnyville Rimbey Thorsby St. Paul Sangudo Evansburg Barrhead
Mother's Day **10** Wabamun Market: open every other Sunday. Specialty: native crafts	**11** Small African violets should not go into large pots.	OPENING: **12** Penhold	**13** Open Wednesdays: Ponoka	OPENING: **14** Innisfail Leduc Falher Coronation — 2nd and 4th Thursdays	OPENING: **15** Radway — open every other week Mannville — open every other week Stettler Westlock Calmar	OPENING: **16** Breton Red Deer Carseland Sedgewick Drumheller
17 Open today and every other Sunday until June 28: Alberta Beach Opening: Fort Edmonton, Edmonton	**18** Victoria Day	**19** Where's the nearest Farmers' Market . . . check the back page of this calendar.	OPENING: **20** Irricana	OPENING: **21** Falher	**22**	OPENING: **23** Seba Beach — free coffee
24/31	**25** Don't get water on African violet leaves or rings may form.	**26**	**27**	**28** Crossfield: demonstration of cooking and freezing asparagus. Spring Planting Market: Viking	**29**	OPEN: **30** Drumheller
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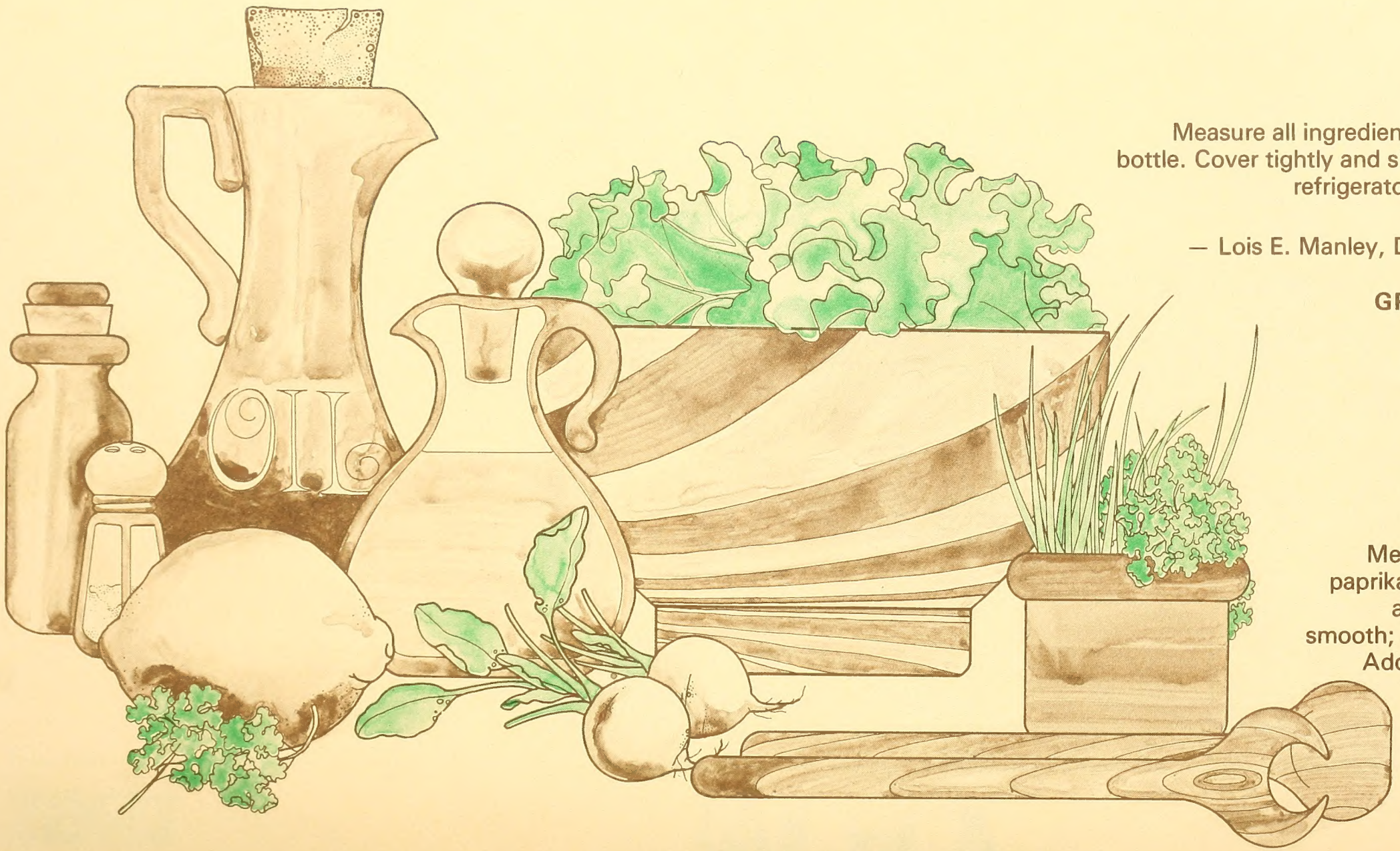
FARMERS' MARKET



MAGIC FRENCH SALAD DRESSING

⅓ cup white sugar
¼ cup vinegar
2 Tbsp lemon juice
½ cup salad oil
⅓ cup ketchup
1 tsp salt
1 tsp paprika

Measure all ingredients into a dressing size jar or bottle. Cover tightly and shake well. Chill and store in refrigerator. Shake well before using.
Yield: 1¼ cups.

— Lois E. Manley, Drumheller Farmers' Market

GREEN SALAD DRESSING

1 small potato,
cooked and mashed finely
2 tsp white sugar
¼ tsp salt
¼ tsp paprika
¼ tsp dry mustard
6 Tbsp salad oil
2 Tbsp cider vinegar

Measure into bowl sugar, salt, paprika, mustard, 1 Tbsp salad oil and 1 Tbsp vinegar. Beat till smooth; add potato and beat again. Add remaining oil and vinegar; beat till light. Chill.
Yield: 1 cup.

— Doreen Woytowicz, Radway Farmers' Market

1981 JUNE 1981

	1	2 You'll find fresh mushrooms and goat cheese at the Spruce Grove Farmers' Market, Saturdays.	3	4 Carseland Market: 7:00 - 9:00 p.m.	5	OPENING: 6 Bashaw Rocky Mountain House Edson: Visit the Farmers' Market booth at the 4-H Trade Fair.
7	8 Store unused garden seeds in an air-tight container with a tablespoon of powdered skim milk to absorb moisture. Keep cool; change milk twice a year.	9	OPENING: 10 Josephburg	11	OPEN: 12 Tofield Farmers' Day	OPEN: 13 Sangudo Drumheller Watch for demonstrations at Rimbey this season — sourdough, hydroponics, drying fruit, and more.
14	15	16 Give cabbage salad a flavor lift with dill weed or celery seed.	17 At the Breton market: win a gift certificate up to $10. Draws every Saturday.	18	19 Father's Day Draw at the Wetaskiwin Market.	20 Watch for the Wabamun Farmers' Market float in the local parade today.
Father's Day 21 At the Alberta Beach Market: Father's Day Breakfast, 10:00 a.m. First day of summer.	22	23 Fresh asparagus is available at many markets this month.	24	OPENING: 25 Viking	 26 Visit the Eckville Farmers' Market. Stop for coffee and home baking served by a community club.	OPENING: 27 Airdrie
28	 29 Travelling around Alberta this summer? Buy fresh food at Farmers' Markets along the way.	30	Freshly-ground flour is sold every 2nd week at the Athabasca Market.			

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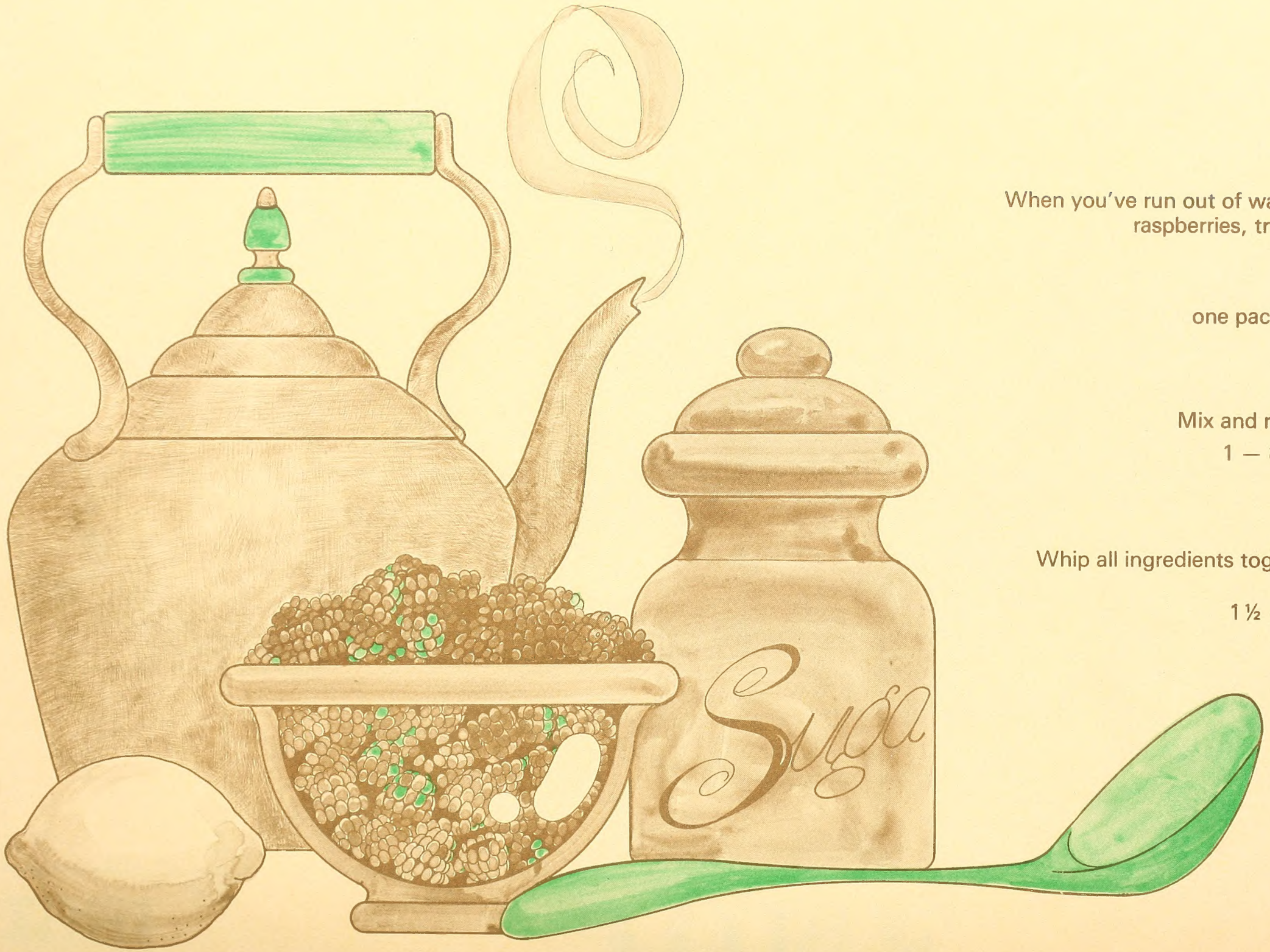
FARMERS' MARKET



When you've run out of ways to use up all those fresh raspberries, try this cool, creamy dessert.

RASPBERRY SPECIAL

2 cups fresh raspberries
one package raspberry jelly powder
1 ¼ cups boiling water
1 Tbsp lemon juice
¼ cup sugar

Mix and refrigerate until partially set.

1 — 8 oz package cream cheese
⅓ cup icing sugar
1 tsp vanilla
¼ tsp salt

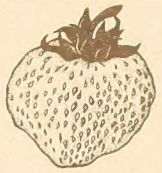
Whip all ingredients together until soft. Add a little cream to soften.

1 ½ cups graham wafer crumbs
½ cup melted butter
½ cup sugar

Combine until crumbly.

Line 9" by 13" pan with half the crumbs. Spread with cheese mixture, then with raspberry mixture. Cover and chill overnight. Whip ½ cup cream and spread on top. Then sprinkle the remaining crumbs on top.

1981 JULY 1981

			1 Dominion Day Breton: Outdoor market today.	**2** Lloydminster: Weekly markets begin.	**3** St. Paul: Weekly markets begin. Watch for mini-markets at Lethbridge this month.	**4** OPENING: Sylvan Lake Boyle Rocky Mountain House: Pioneer Days Weekly markets begin: Drumheller
5 Alberta Beach: Weekly markets begin. Door prizes every long weekend.	**6**	**7**	**8**	**9** OPENING: Wainwright	**10** Open 2nd and 4th Fridays each month till November: Tofield	**11** OPENING: Strathmore Sangudo Castledowns, Edmonton
12	**13** For quick potato salad, chop potatoes and hard-cooked eggs with a pastry blender.	**14** Join the 2nd anniversary fun at the Vauxhall Market!	**15** Tomorrow, 7:00 p.m. at the Wetaskiwin Farmers' Market: Fiddlers' Contest	**16** OPENING: Gibbons Morinville: Weekly markets begin.	**17** OPENING: Fort Assiniboine	**18** Kids' Day at the Rocky Mountain House Market. Carseland Market: 2:00 p.m. - 4:00 p.m.
19	**20**	**21**  Local strawberries should be available soon. Check at the Castledowns Market, Edmonton.	**22**	**23** Specialties at Crossfield: hydroponic tomatoes, house plants, hand-crafted jewelry.	**24** At Vegreville: the Market joins in Homecoming Celebrations.	**25** OPENING: Capilano Mall, Edmonton At Drumheller: lapidary, home baking and souvenirs are specialties.
26	**27** Try beet tops instead of cabbage for making cabbage rolls.	**28**	**29** Vegetables are most nutritious when they are raw.	**30**	**31** Fresh raspberries are a good source of Vitamin C.	
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FARMERS' MARKET

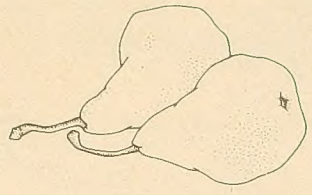
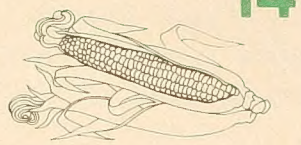
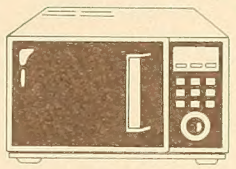
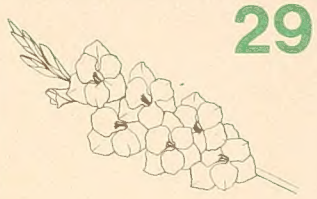
BEET RELISH

— from Coreen Johns, Manager of the Rimbey Farmers' Market

4 quarts of cooked, ground beets
4 good sized onions
4 cups sugar
5 cups vinegar
4 cups ground cabbage
1 cup ground horseradish
8 tsp pickling salt
2 tsp pepper
1 tsp cayenne

Simmer all ingredients about 45 minutes. Fill hot, sterilized jars, then seal.

1981 AUGUST 1981

			 Flavorful B.C. fruit will be sold at many markets this month.			**1** Smoky Lake Market: Stallholders are in costume for Heritage Day. Opening: Hughenden — door prizes. Hines Creek Athabasca — Agricultural Fair
2 Alberta Beach: Hat Contest — Design a hat using materials purchased at the market.	Heritage Day **3** Athabasca: Market at Curling Rink. Flour grinding display.	**4** Peace River's Farmers' Market opens this week.	**5** Feather quilts and pillows are sold Saturdays at the Castledowns Market, Edmonton.	**6** Carseland Market: 7:00 - 9:00 p.m.	OPENING: **7** High Level	OPENING: **8** Lethbridge Stallholders from the Falher Market will be at the Donnelly fairgrounds. Sangudo: B.C. Fruit
9	**10**	**11** Today and tomorrow: Hanna Fall Fair	**12**	OPEN: **13** Falher	**14**  Enjoy fresh corn, available this month at Farmers' Markets.	**15** High Prairie: 11:00 a.m. - 3:00 p.m. Market at the Fairgrounds
16	**17**  Microwaved vegetables have good color, flavor and texture.	**18** Vermilion: Children's Day at the Market.	**19** Aug. 21 - 23: Spruce Grove's market joins the local fair. Horse pull, frog jumping contest, much more. Details: 962-2124.	OPEN: **20** Falher	**21** Manning: Children's vegetable contest. Hanna: Kids' Day at the Market. Free market tables and treats for children.	**22** Meet stallholders from the Wabamun Farmers' Market at the Darwell Fair. Edson County Fair
23/30	**24/31** Saturdays at the Smoky Lake Market you can buy wild blueberries and cranberries — if the bears don't get them first!	**25**	**26** Broccoli is a good source of Vitamins C and A.	OPEN: **27** Falher	**28** Annual Field Day, Alberta Horticultural Research Centre, Brooks. Wetaskiwin's Farmers' Market: Vegetable and Flower Competition today.	**29**  Carseland Market: 2:00 - 4:00 p.m.
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FARMERS' MARKET

Try Hubbard squash in this dessert.

EMPANADAS

3 cups all-purpose flour
2 tsp baking powder
½ tsp salt
½ cup lard or shortening
2 eggs
½ cup milk
Filling

Cut lard or shortening into dry ingredients till mixture resembles cornmeal. Beat eggs with milk. Add to flour mixture, stirring until combined. Form dough into a ball; cover and chill 1 hour. Divide dough into 16 portions. On lightly floured surface roll each part to a 6-inch circle. Place about 3 tablespoons filling on each. Moisten edges with a little water; fold in half, pressing edges with a fork to seal. Brush tops with milk. Bake in 400° oven for 15 minutes or until golden.

Squash Filling: Stir together 2 cups cooked, puréed squash, 1 cup packed dark brown sugar, ¾ cup chopped walnuts, ½ cup raisins, 1 teaspoon ground cinnamon, and ¼ teaspoon ground cloves.

1981 SEPTEMBER 1981

		1 This month at Vauxhall — vegetable contests.	2	OPEN: 3 Falher Market	4	CLOSING: 5 Airdrie Sylvan Lake
6	7 Labor Day	8 	9	OPEN: 10 Falher Market Carseland Market: 7:00 - 9:00 p.m.	11	CLOSING: 12 Breton Hughenden Sangudo Market: B.C. Fruit
13	14 Winter squash is mature when its shell is hard and cannot be punctured by the fingernail.	15	16 Onions are mature when the tops fall over. After harvest, dry them until the skins rustle.	17	CLOSING: 18 Calmar	19 Cure and ripen pumpkin at room temperature.
20	21 Pumpkin and winter squash can be used interchangeably.	22 First day of fall.	23	CLOSING: 24 Crossfield Morinville OPEN: Falher	CLOSING: 25 Wildwood	CLOSING: 26 Strathmore Barrhead Valleyview Carseland Market: 2:00 - 4:00 p.m. Hines Creek: Prize for the largest potato.
27	28	29 To prepare pumpkin: Clean skin. Quarter, remove seeds and fibre. Bake or steam until tender. Remove skin. Mash or blend.	CLOSING: 30 Sherwood Park Peace River		Winter squash is a good source of Vitamin C and an excellent source of Vitamin A.	
S	M	T	W	T	F	S

FARMERS' MARKET

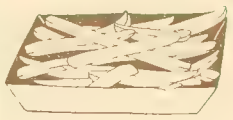
This easy, nutritious recipe comes from the Irricana Farmers' Market.

GARDEN CHOWDER

2 cups diced raw potatoes
¾ cup minced onion
½ cup chopped celery
1 cup carrots sliced or diced
2 ½ tsp salt
2 ½ cups boiling water
4 Tbsp butter
4 Tbsp flour
⅛ tsp pepper
½ tsp prepared mustard
1 ½ tsp Worcestershire sauce
2 cups milk
Grated cheese
1 Tbsp parsley
2 cups canned tomatoes

Combine potatoes, onions, celery and carrots with boiling water and salt. Cover and simmer until tender. Make sauce with the next 6 ingredients and cook until thickened. Add cheese and stir until melted. Add sauce to vegetable mixture. Stir till blended, then add tomatoes and parsley. Reheat and serve.

1981 OCTOBER 1981

				1	CLOSING: 2 Fort Assiniboine	3 Early-bird Christmas market: Sherwood Park
4	5	6 Try cooked rutabaga topped with grated cheese or sour cream.	7	8 Falher: Thanksgiving Market	9 Hanna: Thanksgiving Market CLOSING: Lac La Biche	10 Rocky Mountain House: Thanksgiving Harvest Tea; Potato Derby ends. CLOSING: Capilano Mall, Edmonton Rimbey Thorsby Evansburg OPEN: Sangudo Athabasca
OPEN: 11 Alberta Beach	Thanksgiving 12 Market and community banquet: Bon Accord	13	14 Enjoy a fat-free snack: a potato! 1 medium potato has about 100 calories.	CLOSING: 15 Lloydminster	CLOSING: 16 Lacombe Radway	CLOSING: 17 Castledowns, Edmonton
18	19	20  On 1 acre, an Alberta farmer can raise enough potatoes for a family of 4 to have french fries daily for 27 years.	21	22	23	24 Fall market: Athabasca Hines Creek: Prize for the largest pumpkin.
CLOSING: 25 Alberta Beach Daylight Saving Time ends. Set clocks back 1 hour.	26	27 Eat cucumbers unpared — the skin gives you Vitamin A and iron.	28	CLOSING: 29 Viking	CLOSING: 30 Radway	31 The Hanna Market's Big Potato Contest ends today. Halloween CLOSING: Bonnyville Vilna
S	M	T	W	T	F	S

FARMERS' MARKET

STUFFED FISH

Lemon-Sour Cream Stuffing — Makes enough to stuff a 2 pound dressed fish.

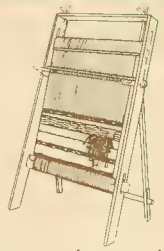
¼ cup chopped onion
½ cup diced celery
2 Tbsp butter or margarine
2 tsp grated lemon rind
½ tsp salt
½ tsp paprika
¼ cup dairy sour cream
2 ½ cups soft bread cubes

Cook onion and celery in butter until tender (about 5 minutes). Blend lemon rind, salt, paprika and sour cream. Add soft bread cubes. Mix well. Pour celery and onions over mixture and stir until well blended. Sprinkle the inside cavity of fish with salt and stuff loosely. Fasten the opening with small skewers or toothpicks and loop string about them as you would lace shoes; or sew the opening with a large needle and coarse thread. Bake at 450° F for 10 minutes per inch of stuffed thickness.

—Pauline Hebert, High Prairie Farmers' Market

Every year many Alberta Farmers' Markets sell fish. Check at these markets: Smoky Lake, Rimbey, Whitecourt, Falher, Ponoka, Sherwood Park, Calmar, Athabasca, Vilna, Innisfail, Westlock, Drayton Valley, Spruce Grove, Grand Centre, Manning and High Prairie.

1981 NOVEMBER 1981

1	2	3  Many markets sell beautiful woven goods.	4	5 Castor will have Christmas markets this month. Watch for advertising.	6	OPEN: 7 Drumheller
8	9 Fish is a good source of protein and an excellent choice if you're counting calories.	10	Remembrance Day 11	12 Alberta's fish industry thrives in towns like Joussard and Faust. Ask for more information at the High Prairie Farmers' Market.	OPEN: 13 High Prairie Market, 11:00 - 3:00 Elks' Hall Last weekly market: Wetaskiwin Fall market: Lacombe	14 Christmas Market: Breton Rimbey (day) Westlock Sedgewick Athabasca Sangudo
15 Christmas Market: Alberta Beach	16	17 Christmas Market: Vauxhall	18 Christmas Market: Irricana Josephburg	19 Christmas Market: Innisfail — door prizes	20	21 Christmas Market: Eckville — Central Hall Carseland Stettler Wabamun Drumheller Sherwood Park
22	23	24 Christmas Market: Vermilion — weekly until Dec.22.	25 Christmas Market: Ponoka Josephburg	26 Christmas Market: Morinville Hardisty Gibbons	27 Christmas Market: Tofield — Christmas cakes, puddings, turkeys, handicrafts.	28 Christmas Market: Stettler Ponoka Bashaw Athabasca Valleyview
29	30 Try Alberta honey in your Christmas baking: substitute equal amounts of honey for sugar, reduce liquid by 50 mL, oven temperature by 15° C.					
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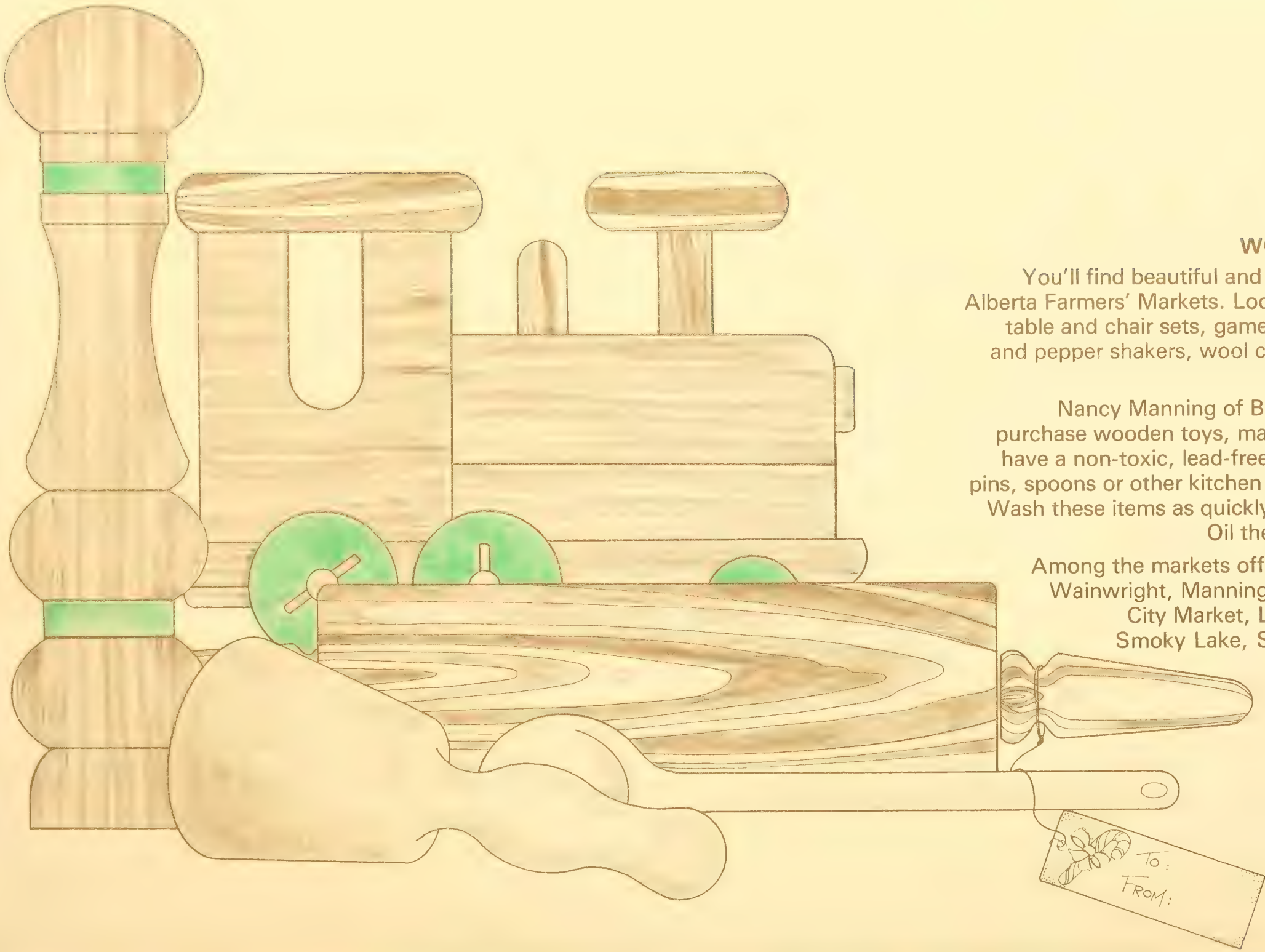
FARMERS' MARKET



WOOD, WONDERFUL WOOD

You'll find beautiful and useful wooden items at many Alberta Farmers' Markets. Look for wooden toys, children's table and chair sets, games, rolling pins, nut bowls, salt and pepper shakers, wool carders, candlesticks, furniture — and even violins.

Nancy Manning of Breton suggests that when you purchase wooden toys, make sure they are unfinished or have a non-toxic, lead-free paint or vanish. Finish rolling pins, spoons or other kitchen utensils with a good salad oil. Wash these items as quickly as possible after using them. Oil them occasionally with salad oil.

Among the markets offering wooden items: Radway, Wainwright, Manning, Drayton Valley, Edmonton's City Market, Leduc, Alberta Beach, Breton, Smoky Lake, Stettler, Thorsby, Whitecourt, Strathmore, Athabasca and Spruce Grove.

1981 DECEMBER 1981

		1 Christmas Market: Vauxhall — Santa's coming!	**2** Christmas Market: Ponoka Josephburg	**3** Christmas Market: Crossfield Morinville Lloydminster	**4** Christmas Market: Lacombe High Prairie St. Paul Edson Hanna Wetaskiwin Wildwood	**5** Christmas Market: High Prairie Sangudo Bashaw Athabasca Westlock Vilna Thorsby Hines Creek Wabamun Drumheller Boyle Smoky Lake
6	**7** Farmers' Markets have gifts for everyone on your Christmas list . . . baking and decorations, too!	**8** 	**9**	**10** Christmas Market: Hardisty Falher — woven goods a specialty. Lloydminster — doll furniture, lapidary, deerskin articles Gibbons	**11** Christmas Market: Wetaskiwin Rimbey — evening Tofield Lac La Biche Hanna Onoway Provost Radway St. Paul	**12** Christmas Market: Carseland, 2:00 - 4:00 p.m. Breton - homemade soap and candles, weaving. Evansburg Vilna Sherwood Park Smoky Lake
13	**14**	**15**	**16**	**17** Christmas Market Crossfield — Santa visits Falher — draw for a hamper Lloydminster Gibbons Athabasca	**18** Christmas Market: Hanna St. Paul — hamper draw	**19** Christmas Market: Spruce Grove Smoky Lake Sangudo Fort McMurray — Santa visits Evansburg Vilna Hines Creek
20	First day of winter. **21**	**22**	**23** Christmas Market: Leduc Vegreville — honey cakes and pastries a specialty.	**24**	Christmas Day **25** 	Boxing Day **26**
27 	**28** Soak poinsettias but allow them to dry a little between waterings. They prefer a sunny, cool (18° C) location.	**29**	OPEN: **30** Vegreville	New Year's Eve **31**		

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FARMERS' MARKET

To shoppers at the Spruce Grove Farmers' Market, Elsie Mitchell is the "lamb lady". Her merchandise includes quilt wool, spun wool and sheepskin rugs, vests and slippers.

Elsie and her husband Cal raise sheep, and lamb is naturally a favorite at the Mitchell dinner-table. Although fresh lamb won't be available until later this year, frozen lamb is tasty in the following recipe.

ELSIE'S DILLED LAMB STEW

1 ½ lb lamb
½ tsp rosemary
½ tsp dill weed
1 medium onion finely chopped
1 cup chopped celery and tops
1 cup sliced mushrooms
1 cup carrots, sliced
1 cup frozen peas
1 cup water or more
salt and pepper to taste

Brown cubed lamb (neck, cubed shoulder, riblets or breast) in a heavy skillet and drain off fat. Add onions to browned meat and continue to sauté. Add dry herbs and seasonings. Add water as needed and simmer for 1 hour or until tender. Add carrots, celery and mushrooms, half hour before serving — and frozen peas last 15 minutes.

1982 JANUARY 1982

					New Year's Day 1	2
3	4 Alberta Stew Month. Use Alberta root vegetables and meats.	5 Vermilion: Markets open every other Tuesday until May.	6	7 Sauce for Alberta Lamb: mix 2 parts honey to 1 part prepared mustard. Serve hot or cold.	8	9 Edmonton's downtown market is open every Saturday. Buy crafts, eggs, root vegetables and fresh chickens.
10	11	12 Plants, like people, need extra humidity in winter. Use a humidifier, spray mister or pebble tray to keep plants fresh.	13	14	15	OPEN: 16 Hines Creek
17	18 You can sometimes order fresh lamb at the Spruce Grove, Vilna and Athabasca Farmers' Markets.	19	20	21 Freeze extra pancakes or waffles. Pop them in the toaster for a quick snack.	22	23
24/31	25	26	27 Lamb is a good source of B Vitamins.	28	29 Overweight is something that sort of snacks up on you.	30
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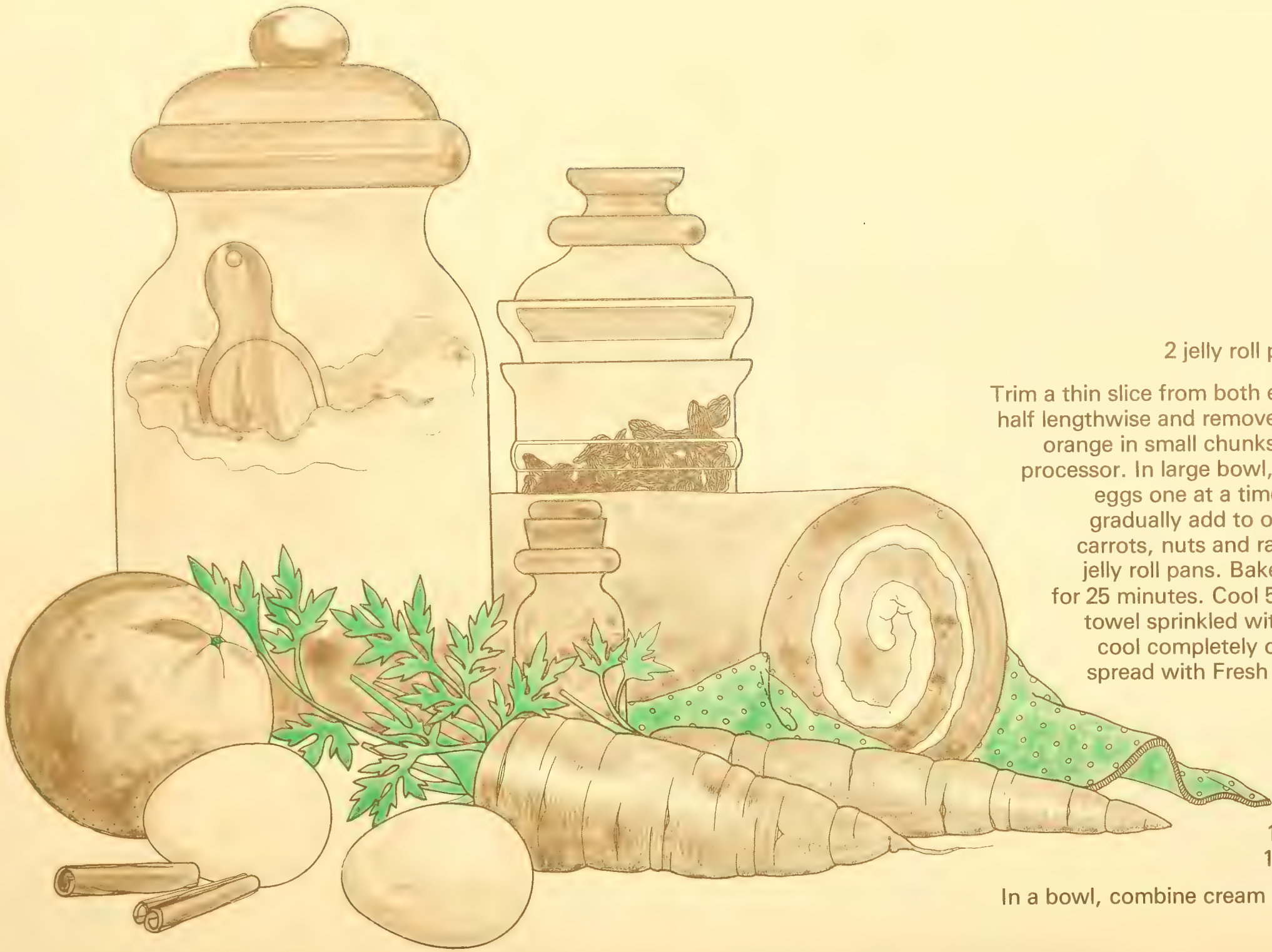
FARMERS' MARKET



Here's a delicious way to use Alberta carrots!

ORANGE CARROT CAKE

1 orange, unpeeled
1 ½ cups sugar
1 cup salad oil
4 eggs
3 cups flour
2 tsp baking powder
2 tsp baking soda
2 tsp cinnamon
2 tsp ground nutmeg
1 tsp salt
2 cups grated carrots
½ cup chopped walnuts
½ cup raisins

2 jelly roll pans lined with foil and greased

Trim a thin slice from both ends of unpeeled orange, cut in half lengthwise and remove the white centre core. Cut the orange in small chunks and purée in a blender or food processor. In large bowl, combine sugar and oil. Beat in eggs one at a time. Sift together dry ingredients; gradually add to oil mixture. Stir in orange purée, carrots, nuts and raisins. Pour batter into prepared jelly roll pans. Bake one at a time in a 350° F oven for 25 minutes. Cool 5 minutes. Invert cakes on a tea towel sprinkled with powdered sugar. Roll up and cool completely on a rack. Unroll when cool and spread with Fresh Orange Cream Cheese Spread.

Fresh Orange Cream Cheese Spread

1 package (8 oz) Quark cream cheese, softened
1 cup icing sugar
1 Tbsp fresh grated orange peel
1 cup whipping cream, whipped

In a bowl, combine cream cheese, sugar and orange peel. Fold in whipped cream. Chill.

1982 FEBRUARY 1982

	Apple Month 1	Groundhog Day 2	3	4 Kids learn good food habits through Alberta Agriculture's Nutrition at School program.	5	6
7	8 It takes 69 muscles to frown and only 3 to smile — so smile and be wrinkle free!	9	10	11	12 Hanna: Valentine Market with decorated cakes and cookies. Sweets for the sweet.	13 Radway: Winter Carnival OPEN: Hines Creek Market
Valentine's Day 14	15	16 Mash cooked rutabaga with a little brown sugar and dash of ginger or nutmeg.	17	18	19	20
21	22 Carrots are super sources of Vitamin A. The deeper the orange color, the higher the Vitamin A value.	23	24	25 Spray a bit of starch or hairspray on your finger when threading a needle. Thread stiffens and threads easier.	26	27 Get nutrition information, and the latest news about Alberta food products from Alberta Agriculture's Food Marketing Branch. (Address on the last page of this calendar.)
28						

S M T W T F S

FARMERS' MARKET

Extend the growing season by starting seeds indoors.

Use plastic, clay or peat pots, or containers you have around the house. All must have drainage holes.

Transplants can be grown in pasteurized garden soil mixed with peat and sand, or in a soilless mix — for example, equal parts peat and vermiculite.

After seeding, water the pots gently and cover with clear plastic or glass to retain moisture. As soon as the seeds sprout, remove the covering and place the pots in a well-lit area.

Most windows in the home don't provide enough light for proper growth of seedlings. Fluorescent lamps are useful. Hang them 25 - 30 cm above the plants and keep them on 16 - 18 hours per day.

When the first set of true leaves appears, transplant seedlings to divided trays or individual pots. Water weekly with a solution of 2 tablespoons 10-52-10 in 1 gallon of water.

Before setting transplants in the garden,"harden them off" in a cold frame. Reduce watering to prepare the plants for outdoors.

More information on cold frames and growing vegetables is available in the publications **Container Gardening** and **Growing Vegetables in the Prairie Garden** available from Alberta Agriculture.

1982 MARCH 1982

	1 Nutrition Week is coming! Watch for activities in your community.	2	3 Pasteurize garden soil before using it indoors. Heat moist soil at 180° F (85° C) in the oven 40 minutes.	4 Pasteurized soil prevents seedlings from damping off.	5	OPEN: 6 Hines Creek
7	8	9	10	11 March is honey month. Add it to hot tea, hot chocolate and hot toddies.	12 Start your tuberous begonias now.	13
14	15 Repot or propagate house plants this month.	16	St.Patrick's Day 17	18	19	OPEN: 20 Hines Creek
21	22 If using fluorescent lamps to grow transplants, a mix of cool white and warm white tubes provides the best light.	23	24	 25 Gardening season is on its way. Check with Alberta Agriculture for gardening booklets.	26	27
28	29	30	31 When you serve Alberta cheese, you're serving good nutrition.			

S M T W T F S

FARMERS' MARKET

BAKED EGGS WITH CHEESE

1 Tbsp butter
Bread crumbs
4 eggs
salt and pepper
Few grains cayenne or fresh grated nutmeg
½ cup grated cheese
½ cup cream

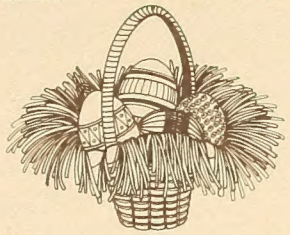
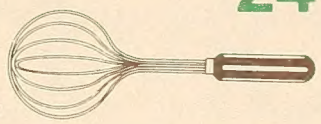
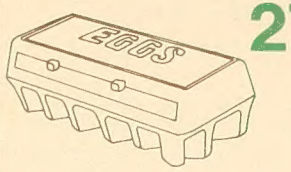
Butter individual baking dishes. Line with crumbs. Place an unbeaten egg in each. Sprinkle with seasoning and grated cheese. Pour a portion of cream over each. Bake at 350° F until firm. Serve on buttered toast.

— Mrs. Lizzie A. Adams, Manning Farmers' Market

Coddled Eggs

A leisurely Sunday morning is a good time to use your egg coddlers (those small glass containers like the one in the drawing). Butter the inside of the coddler lightly. Break an egg into it and sprinkle with butter, salt and pepper. Flaked fish, ham, cheese, mushrooms or herbs can also be added. Put on the lid and cook 10 minutes in boiling water to cover the coddler.

1982 APRIL 1982

				1	2	3 Easter Markets: Athabasca — Community Centre Hines Creek Grande Prairie — Easter Fest
4	5	6 Boil papery outer onion skins to make a bright yellow dye for Easter eggs . . . beets for bright red.	7	8 Hanna: Easter Market — hot cross buns, Easter eggs, cakes, cookies.	9 Good Friday Easter Market: Radway — Ukrainian cooking a specialty.	10 Easter Market: Breton — homemade hot cross buns, chocolate bunnies, locally-produced wool.
11 Easter 	12 Easter Monday	13	14 Try cubed cheese in salads; grated cheese in quick bread or on hot buttered vegetables.	15	16	17 OPEN: Hines Creek
18	19 Styrofoam egg cartons can be used to grow transplants. Make a small hole in the bottom for drainage.	20	21	22 Cucumbers don't like having their roots disturbed. Grow transplants in peat pots that can be placed right in the soil.	23	24  When making meringue, be sure egg whites are beaten stiff before adding other ingredients.
25 Daylight Saving Time Starts. Set clocks ahead 1 hour.	26	27  Eggs supply protein, iron and Vitamin A. Brown and white-shelled eggs are equally nutritious.	28	29	30 Try the 2-minute breakfast: 1 egg, 1 banana, and milk in a blender.	

S M T W T F S

FARMERS' MARKETS IN ALBERTA

Town or City:	Location:	Day:	Hours:	Phone:	1981 Season:
Airdrie	Arena	Saturday	10:00 a.m. — 12:00 p.m.	948-2704	June 27 — Sept. 5
Alberta Beach	Agriplex	Sunday	1:00 p.m. — 3:00 p.m.	967-5957	May 17 — Oct. 25 Alternate weeks, May June, Oct. Weekly July — Sept.
Athabasca	Arena — May — Sept. Community Centre - Apr., Oct., Dec.	Saturday	12:30 p.m. — 2:30 p.m.	675-4426	May 2 — Sept. 26 Twice a month Oct., Nov., Dec.
Barrhead	Arena	Saturday	10:00 a.m. — 1:00 p.m.	674-5414	May 9 — Sept. 26
Bashaw	Fairgrounds	Saturday	1:00 p.m. — 4:00 p.m.	372-3769	Alternate weeks June 6 - Dec. 12
Bon Accord	Arena	Wednesday	6:00 p.m. — 9:00 p.m.	921-3589	May 6 — Oct. 12
Bonnyville	Agriplex	Saturday	11:00 a.m. — 1:00 p.m.	826-5843	May 9 — Oct. 31
Boyle	Arena	Saturday	11:00 a.m. — 1:00 p.m.	689-2472	July —
Breton	Curling Rink	Saturday	10:00 a.m. — 1:00 p.m.	696-2466	May 16 — Sept. 12
Calmar	Arena	Friday	10:00 a.m. — 2:00 p.m.	985-3503	May 15 — Sept. 18
Camrose	Drill Hall, Fairgrounds	Saturday	8:00 a.m. — 12:00 p.m.	672-4624	Year-round
Carseland	Rec. Centre	Varies	Vary	934-4127	May 16 — Dec. 12 Not weekly
Castor	Arena	Thursday	12:00 p.m. — 3:00 p.m.	578-3970	May 7 — 1st and 3rd Thursdays each month
Coronation	Elks' Hall	Thursday	12:00 p.m. — 2:00 p.m.	578-3970	April 15 — 2nd and 4th Thursdays each month
Crossfield	Pete Knight Memorial Centre	Thursday	7:00 p.m. — 9;00 p.m.	946-5959	May 7 — Sept. 24
Drayton Valley	Elks' Hall	Wednesday	12:00 p.m. — 3:00 p.m.	542-2860	May 6 — mid-Dec.
Drumheller	Curling Rink	Saturday	10:00 a.m. — 12:00 p.m.	823-9686	May 16 and 30, June 13 July 4 — Oct.
Eckville	Multi-Purpose Building	Friday	10:00 a.m. — 12:00 p.m.	746-2380	Mid-May —
Edmonton:					
Abbotsfield Mall	3210 - 118 Avenue			477-9121	
Capilano Mall	98 Avenue at 50 St.	Saturday	9:00 a.m. — 2:00 p.m.	465-0987	July 25 — Oct. 10
Castledowns	Town Square Shopping Centre	Saturday	8:30 a.m. — 3:00 p.m.	973-5716	July 11 — Oct. 17
City Market	10165 - 97 Street	May - Oct. 31 - Saturday	8:00 a.m. — 5:30 p.m. 7:00 a.m. — 5:30 p.m.	428-4389	Monday - Friday, May and June Aug. 15 — Oct. 31 Saturday — Year-round
Fort Edmonton	½ mile west of Quesnell Bridge	Sunday	1:00 p.m. — 5:00 p.m.	436-5565	May 17 — Sept.
Edson	Legion Hall	Friday	11:00 a.m. — 2:00 p.m.	723-2281	May 1 — Dec. 4
Evansburg	Legion Hall	Saturday	10:30 a.m. — 1:00 p.m.	727-2145	May 9 — Oct. 10
Fairview	Legion Hall	Saturday	10:00 a.m. — 12:00 p.m.	836-2012	Year-round
Falher	Church Basement	Thursday	10:00 a.m. — 12:00 p.m.	332-4662	May 14, 21 Aug. 13, 20, 27 Sept. 3, 10, 24 Oct. 8
Fort Assiniboine	Curling Rink	Friday	1:30 p.m. —	584-3890	July 17 — Oct. 2
Fort McMurray	Rec. Complex	Saturday	10:00 a.m. — 3:00 p.m.	743-2191	May 9 —
Gibbons	Arena	Thursday	6:30 p.m. — 9:30 p.m.	998-1504	July 16 —
Grand Centre	Arena	Thursday	5:00 p.m. — sell-out	639-2129	May —
Grande prairie	Exhibit Hall, Fairgrounds	Saturday	10:00 a.m. — 12:00 p.m.	532-5270	Year-round
Hanna	Arena Lobby	Friday	1:00 p.m. — 3:00 p.m.	854-2224	May 1 — late June Early Aug. — mid-Oct.
Hardisty	Arena	Saturday	2:00 p.m. —	888-2287	May 9 —
High Level	Main Street	Friday	2:00 p.m. —	926-2995	Aug. 7 —
High Prairie	Elks' Hall	— — —	11:00 a.m. — 3:00 p.m.	523-4561 ex. 44	Aug. 15, Nov. 13, Dec. 4 and 5
Hines Creek	Community Hall	Saturday	11:00 a.m. — 1:00 p.m.	494-2183	Mar. 14. — June 27 Open from Aug. 15 — not weekly
Hughenden	Arena	Saturday	2:00 p.m. — 4:00 p.m.	856-3684	Aug. 1 — Sept. 12
Innisfail	Arena	Thursday	10:00 a.m. — 1:00 p.m.	227-3512	May 14 —
Irricana	Community Hall	Wednesday	7:00 p.m. — 9:00 p.m.	935-4675	May 20 — Nov. 18
Josephburg	Rec. Hall	Wednesday	6:00 p.m. — 9:00 p.m.	998-7022	June 10 — Oct.
Kinuso	Please check locally.	During Kinuso Fair, mid-August		849-4380	
Lac La Biche	Rec. Grounds	Friday	3:30 p.m. —	623-4768	May 8 — Oct. 9

Town or City:	Location:	Day:	Hours:	Phone:	1981 Season:
Lacombe	Memorial Centre Parking Lot	Friday	9:30 a.m. — 1:00 p.m.	782-2792	May 8 — Oct. 16
Leduc	Arena	Thursday	12:00 p.m. — 4:00 p.m.	986-3787	May 14 — Dec. 23
Lethbridge	Pavilion, Exhibition Grounds	Saturday	9:00 a.m. — sell out	328-4491	July — 2 mini-markets Aug. 8 —
Lloydminster	Lloyd Mall	Thursday	2:00 p.m. — 7:00 p.m.	825-2737	May 7 - 28 July 2 — Oct. 15
Manning	Elks' Youth Centre	Friday	11:00 a.m. — 2:00 p.m.	836-2066	May 8 —
Mannville	Park Pavilion	Friday	3:00 p.m. — 5:00 p.m.	763-3535	May 15 — Alternate weeks
Medicine Hat	Between 3 - 4 St. S.E. in the 600 block	Mon. - Sat.	8:00 a.m. — Evening	526-5971	— — —
Morinville	Arena	Thursday	6:00 p.m. — 8:00 p.m.	939-4782	May 7 — June 4 July 16 — Sept. 24
Okotoks	Arena	Saturday	9:30 a.m. — 11:30 a.m.	938-7820	— — —
Onoway	Elks' Hall	Friday	10:00 a.m. — 3:00 p.m.	967-2511	April 24 — Dec. 18
Peace River	West end of bridge	Daily	11:00 a.m. — 7:00 p.m.	624-4061	1st week of Aug. — Sept. 30
Penhold	Community Hall	Tuesday	5:00 p.m. — 8:00 p.m.	886-4504	May 12 —
Pincher Creek	Watch for local advertising.			627-4914	
Ponoka	Farmers' Market Hall	Wednesday	10:00 a.m. — 1:00 p.m.	783-6266	April 29 —
Provost	Agriculture Building	Friday	2:30 p.m. — 4:30 p.m.	753-6415	— — —
Radway	Community Hall	Friday	7:30 p.m. — 9:30 p.m.	736-3790	May 15 — Oct. 16 Alternate weeks
Red Deer	Exhibition Grounds	Saturday	8:00 a.m. — 12:30 p.m.	346-6443	May 16 — mid-Oct.
Redwater	Watch for local advertising.			735-3582	
Rimbey	Arena	Saturday	10:30 a.m. — 12:30 p.m.	843-2837	May 9 — Oct. 10
Rocky Mountain House	Stampede Grounds	Saturday	8:00 a.m. — 12:00 p.m.	845-6649	June 6 — Oct. 10
St. Paul	Recreation Bldg.	Friday	11:00 a.m. — 1:00 p.m.	645-2518	July 3 —
Sangudo	Elks' Hall	Saturday	10:00 a.m. — 1:00 p.m.	785-2383	April — Nov. 2nd Sat. each month
Seba Beach	Pavilion	Saturday	1:00 p.m. — 3:00 p.m.	797-3033	May 23 —
Sedgewick	Rec. Centre	Saturday	2:00 p.m. — 4:00 p.m.	384-3897	2nd and 4th Saturdays each month, May 16 — Nov. 14
Sherwood Park	Hall at Spruce Ave. and Fir St.	Wednesday	6:00 p.m. — 9:00 p.m.	464-3354	May 6 — Sept. 30
Slave Lake	Pot Pourri Mall	Saturday	10:00 a.m. —	849-4380	Late June — late Sept.
Smoky Lake	Agricultural Complex	Saturday	10:00 a.m. — 12:00 p.m.	656-2463	April — Dec. 19
Spruce Grove	Co-op Mall	Saturday	9:00 a.m. — 3:00 p.m.	962-2124	April 4 — Dec. 19
Stettler	Arena Lobby	Friday	8:00 a.m. —	742-2793	May 15 — Oct.
Stony Plain	Please check locally.	Saturday	9:00 a.m. — 12:00 p.m.	963-2151	May 1 — Christmas
Strathmore	Ag Society Building	Saturday	10:00 a.m. — 12:30 p.m.	934-4433	Mid-May — early June 2nd week of July — late Sept.
Sylvan Lake	CN parking lot across from Town Hall	Saturday	10:00 a.m. — 12:00 p.m.	887-2576	July 4 — Sept. 5
Taber	Scheduled to open in 1981			223-3955	
Thorsby	Ukrainian Hall	Saturday	10:00 a.m. — 2:00 p.m.	789-4162	May 9 — Oct. 10
Tofield	Main Street	Friday	4:00 p.m. — 6:00 p.m.	662-2651	2nd Fri. each month 2nd and 4th Fri. July — Nov.
Two Hills	Drop-in Centre	Thursday	11:00 a.m. — 2:00 p.m.	657-3311	April 16 —
Valleyview	Please check locally.	Saturday	12:00 p.m. — 4:00 p.m.	524-2589	May 2 - Sept. 26, Alternate weeks
Vauxhall	Complex Hall or Arena	Tuesday	7:30 p.m. — 9:00 p.m.	654-2883	May 5 —
Vegreville	Centennial Bldg.	Friday	10:00 a.m. — 1:00 p.m.	632-2414	Year-round
Vermilion	Elks' Hall	Tuesday	10:00 a.m. — 2:30 p.m.	853-2449	May 5 — Dec. 22
Viking	Community Hall	Thursday	3:30 p.m. —	336-2188	June 25 — Oct. 29
Vilna	Agriplex	Saturday	1:00 p.m. — 3:00 p.m.	636-2175	May 2 —
Wabamun	Hall	Sunday	1:00 p.m. — 3:00 p.m.	892-2598	April 26 — alternate weeks
Wainwright	P.M.C. Arena	Thursday	2:00 p.m. — 4:00 p.m.	842-3596	July 9 —
Westlock	Curling Rink	Friday	7:00 p.m. — 9:00 p.m.	349-3346	May 15 —
Wetaskiwin	Drill Hall	Friday	2:00 p.m. — 5:00 p.m.	352-4008	May 8 — Nov. 13
Whitecourt	Parking lot next to Freddy's Motel	Saturday	9:00 a.m. — 5:00 p.m.	778-2966	Year-round, weather permitting
Wildwood	Rec. Hall	Friday	— — —	325-2158	May 8 — Sept. 25

This information is correct as of February 27, 1981.

* Weekly unless otherwise stated.
Christmas markets may not be included.

Alberta Agriculture's Farmers' Market Committee prepared this calendar using ideas and information from many stallholders and managers throughout Alberta. "Thank you" to everyone who contributed material. We've listed the names of people who supplied recipes; the other recipes are from Alberta Agriculture.

Illustrations in the calendar are by Joyce Hill.

If you'd like more information about Farmers' Markets, or are interested in starting a market, please contact:

Commodity Development Branch
2nd Floor: 9718 - 107 Street
Edmonton, Alberta T5K 2C8
Phone: 427-4017

For publications about Alberta food products and nutrition, please write:

Food Marketing Branch
Alberta Agriculture
10035 - 108 Street
Edmonton, Alberta T5J 3E1
Phone: 427-4036

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